

Heartline Residential Retreat

1998 Website Program Description

*(From 1996 – TMI's newest program has undergone some important revisions thanks to the wonderful participants and trainers who sailed on its maiden voyage in October 1996. The new **Heartline** will appeal to those who desire to explore greater depths of themselves within a basic, down-to-earth approach, including inner processing while utilizing the tools and Focus Levels already proven so effective.*

One of our newest programs, **Heartline**, came into being as a result of Laurie Monroe's own direct experience of the universal love energy communicated through her from Bob and Nancy Monroe. Heartline offers new approaches for removing the obstacles to love's expression in our daily lives, as well as methods for exploring deeper levels of Self; for discovering one's true self- essence. This is a highly interactive and experiential process which utilizes a variety of exercises beyond the program tapes in order to help participants discover *heartspace*.

This is a graduate program for those who are serious about looking within. It is about creating *heartspace*: self-love, self-trust, and non-judgmental acceptance. It is about allowing, understanding, and moving beyond feelings into the transcendental.

As we move into the knowing that we are indeed more than our physical bodies, so too do we need to understand that we are more than our emotional bodies, our personalities. In order to accomplish this, it is necessary to explore those areas within us which hold us back from basic self-trust and self-acceptance. We must be willing to let go of the blocks, the energetic shields we hold in order to protect ourselves and our hearts from perceived threats, old and new.

Heartline is not about renouncing the left brain or rational self; rather, it is an invitation to that part of oneself to open, allow and welcome the heart, the feeling connection, to come into balance. In this way we can move into a greater wholeness and expanded awareness of self.

If you are ready to move through the gateway to your heart, if you are willing to open to the energy of love more fully and completely, then join us for **Heartline**. And remember, as always, Hemi-Sync® works as a supportive underpinning to your intent, your purpose. **You** are the magic.

Heartline is open to graduates of the Gateway Voyage Program.

Heartline Affirmation

I am in touch with the source of all life
and I am open to receive all energy from this source.

My purpose is to know and be love.

My intent is to know the fullness of life, the joy of life and the love that I am.

I deeply desire to know, to be, to understand, to experience, and to express
the love that I am and the absolute good that I bring forth.

I ask that the light of the source surround me, enfold me, and embrace me.

I ask that the love energy flow through me now.

From this day forward I am better able to be the love that I am
and to know that I have no limitations.

For I am this energy--I am love.

And because I am love,

I live each moment of this day in heartfelt gratitude
and deep, abiding appreciation for All That Is.

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- The Heartline experience/endeavor/adventure was as amazing as the two other programs I've attended and yet very different. Where to begin? From the 8 single-spaced typed pages of notes (and I left out a lot!), the first sentence reads: "I love this group" and the last sharing: "Luckily the heart is elastic--just when I thought it couldn't possible grow and expand any more, it's now so full of love it's close to exploding." And how do you put that kind of a week into words? How about, think of the optimum moment of falling in love, and multiply exponentially! Our group came from different backgrounds and experiences, and still there was amazing growth/life-changing breakthroughs for all. So, how did this happen? We followed a new and special series of exercises with a variety of tapes and suggestions from Trainers Penny and Joe. There was a lot of energy work, of chakra opening and integrating, of emotional exercising (and emotional exorcising for me), of music, dance, drums, laughing, crying, loving, and living. Over the past few months I've been traveling toward love for self, for others, for all things, and still the revelations came from down deep and

within, and continued to come. Many insights, many travels, many wondrous sights from all the senses. The tapes were powerful, and we spent some time in Focus 18, which was somewhere I hadn't consciously been before. Lovely. Some quick comparisons--for me, personally, Heartline built upon my Gateway Voyage experience--more levels, more Knowings, and clues for past and future trails. The depth of information was coming more from my inner space and focus levels than, say, out there in the Lifeline focus levels, and that was cool and exhilarating. I also reconnected with old friends (ISH, etc.) and more apt symbology in the non-physical and was very surprised at how the physical body reacted. True, I was in need of emotional and body rest and repair, but after the second day, I felt like a work of art/creation in progress--using the repoussé process (a craft technique whereby raised sculptural designs are created by pounding from the inside out). Really--felt great, but inside the cells were expanding, evolving, Growing, glowing. Amazing. No time for a massage, but swimming in the lake helped a lot (especially when we found a warm spot). There were also incredible examples of synchronicities throughout the week--*coincidences* and connections happened all the time, and I was in awe and wonder and in touch with the love which created us all. Even with expectations and knowing of potential and possibility, I was still astounded by Heartline adventures. My new pals in the group each came with different purposes and goals; I came wishing to become more telepathic with plants and animals, and a vital connection to that concept was realized (complete with examples in real time!), plus a whole lot more! The adventure continues....

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- Hi Everyone,
I just got back a week ago from doing Heartline. It was AWESOME. Of all the programs I've done so far, this one has had the most impact on me. If you want to open your heart (more), this is the program for you. I am still having trouble putting this experience in words, that's why I didn't write as soon as I got home. I had very transforming experiences & I faced my greatest fear. The people in this group are definitely now MY FAMILY. Everyone was so supportive of each other that this space was SAFE to totally let down your shields/masks and we did all that. Everyone experienced great openings within themselves.

What I learned was in the other programs, you did things and had experiences OUT THERE(not being aware of the body). In Heartline, you can be HERE & THERE at the same time. What I realized was, I was not really allowing myself

to FEEL. I thought I was, but I wasn't. But at Heartline I learned how to FEEL me, how to feel unconditional love from Spirit, my guides, angels, etc. and bring that feeling back with me, so, in C-1 I still experienced it for a long period of time.

What really made a difference was I asked my body to go on each journey (tape) with me. That is how I discovered that I was not really FEELING, like I thought I was.

Here is what came to me on the 5th day during a silent break/walk:

I am the All That Is.

I am emerging and coming into full awareness from your heartspace.

I am the Love that you are, I always have been, I always will be, I have always been there, in your heart, waiting to emerge, to bloom, into the fullness of the flower of life,
of Love.

You are now able to see and know who you really are.

My intuition has become stronger since Heartline. Actually it became stronger during the Program.

You all have got to do this program!!!!!!

On one of the days, I had such a big opening of my heart that I felt a lot of vibrating at my heart chakra, the size of a large dinner plate. It lasted for 2 days!

This is the best I can do at this time in putting this experience in words. I'll do more later when I can take these feelings and express them more in words.

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ADDED in 2004

I attended Heartline in April - it was extraordinary and wonderful!! I had heard that some people have taken the program 3 and 4 times (and a few even more than that). I now understand why. My personal feeling is that, after Gateway, Heartline is the most important and useful TMI program any one of us can take. You will have the opportunity to come home to yourself. Depends on whether you are ready to or not. And there is always more...which is why people repeat the program...because of its richness. I don't have words for how it has affected my life, but the feelings are here/there/known. - Elmdea Bean